

Breakfast Rice with Apples

Makes: 4 Servings

Rice at breakfast? Absolutely! For a change at breakfast, try this treat made with rice, apples, low-fat yogurt and other ingredients.

Ingredients

2 cups medium grain white rice, cooked
1 cup plain low-fat yogurt
1 tablespoon pancake syrup or sugar
1 apple, peeled, center removed, and chopped
1 teaspoon cinnamon
2 tablespoons raisins

Directions

1. Add all ingredients in a medium bowl. Stir well.
2. Cover and chill in the refrigerator overnight. Serve cold.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	210	
Total Fat	1.5 g	
Protein	6 g	
Carbohydrates	45 g	
Dietary Fiber	2 g	
Saturated Fat	0.5 g	
Sodium	50 mg	